

## **MENS RESULTS OF CLASHMORE 5 MILE ROAD RACE**

1 Brian Murphy Carrick On Suir AC 26.21

2 Raivis Zakis West Waterford AC 26.46

3 Dzintars Klava West Waterford AC 27.18

0/40 Frank Hayes East Cork AC 28.16

0/45 Paul Deegan D.S.D.AC 27.30

0/50 Thomas Byrne Waterford AC 31.33

0/55 Joe Gough West Waterford AC 30.09

**Team:** Carrick On Suir AC Michael Murphy (6th) David Waters (8th) Patrick Roche (10th)

## **LADIES RESULTS OF CLASHMORE 5 MILE ROAD RACE**

1 Corinna Walsh West Waterford AC 30.48

2 Angela Mc Cann Clonmel AC 31.15

3 Norma Wall West Waterford AC 31.40

0/35 Catriona Gough Waterford AC 35.03

0/40 Evelyn Cashman ind 35.03

0/45 Josie Uí Chuirrin West Waterford AC 37.30

0/50 Kathleen Keane West Waterford AC 45.44

0/55 Helene Hayes West Waterford AC 46.00

**Team:** West Waterford – Karen Ryan, Triona Wall and Angeline Drennan.